

Bangalore Mirror

TEMP Max 28 | Min 20 | Humidity 88%

Generally cloudy sky with one or two spells of rain

Sensex 53,018

Nifty 15,780

Gold 50,920

Silver 65,300

Dollar 78.96

Euro 82.24

GBP 95.83

Pilot project facilitates door-to-door pick up of construction and demolition waste and drop to recycling centre

REMAINS OF THE DAY

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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike facilitates door-to-door pick up of solid and dry waste from homes. That said, the city is now struggling to get rid of construction and demolition (C&D) debris.

With no proper disposal mechanism, C&D waste rarely reaches recycling centres; most of it can be found discarded in the city itself, especially in lake beds and abandoned sites.

However, soon, Bengaluru shall have a proper door-step pick-up mechanism for C&D waste, we are told, that too just a phone call away. To begin with, as a pilot project, a city-based NGO is striving to get the C&D waste from Bengaluru South to the recycle centres, free of cost.

While the scrap metal from construction quickly reaches the resale market, other construction waste like concrete, brick and mortar, sanitary ware, wood, plastic, and hazardous waste, are left out.

CONTINUED ON PAGE 4 >>



“We know how to handle wet and dry waste but we don't know how to dispose of C&D and bulky waste... BBMP refuses to pick up C&D waste.”

—Aruna Das, Banashankari resident

CITY / PAGE 9

BU readies to catch each rain drop

Jnana Bharathi campus can harvest around 1,545 mn litres of water annually

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3 THINGS TO DO



01 Middle-eastern treat

Nrityakosh company presents Safar-E-Raqs, a theatrical belly dance production that travels from the late 1790s to the present day unraveling how the dance was adapted – to different cultures & different audiences. Safar-e-Raqs is a collaborative effort between Nrityakosh Dance Company and several veteran belly dancers in Bangalore. With 40+ belly dancers on stage, this dance drama will take you through middle eastern folk dances, classical and modern oriental styles, and Indian and tribal fusion belly dance repertoire.
Where: BIC, Domlur; **When:** July 2, 5 pm and 7.30 pm
Ticket: insider.in



02 High notes

Combining the essence of classical music with a fusion/ contemporary expression, The Manasi Prasad Ensemble brings together established musicians in a high-energy performance. The set includes reinterpretations from Karnatic, Hindustani, Folk repertoire as well as freshly composed pieces with a dash of Konnakol (vocal percussion) and jazz influences. The compositions are interspersed with a context-setting conversation that brings home the relevance of each composition and the interconnectedness of music. **Where:** Bangalore International Centre
When: July 1, 7.30 pm; **Entry:** Free

03 Nature X Art

Check out a special event that explores nature through art and people will learn to make and decorate planters as well as use watercolours to paint leaves using a technique called negative painting. The event is being run by an organisation called Chēdaka (which means "intersection" in Kannada) which works with underprivileged kids in Basaweshwar Nagar, helping them access art, design and technology more easily. **Where:** Latibule Wellness, 8th Cross, Malleswaram; **When:** July 2, 4 pm – 6 pm
Register: 7204322523



Happy 100th

Bosch on Thursday celebrated 100 years in India. This was after a virtual speech and inauguration by Prime Minister Narendra Modi. Karnataka Chief Minister Basavaraj Bommai along with Soumitra Bhattacharya, MD of Bosch LTD & President of Bosch Group, India were also present.

PIC: KAUSHIK JN

Labourers, up in arms

Guest labourers and contractors protest against alleged harassment & threats of being evicted

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TWEETS @Bellie_Mirror



The workers said they would not collect trash or work as domestic helps if the harassment continued

“ Their payment has also been pending; especially for those who earn their daily wages by selling plastics, cardboards and papers

– R Kaleem Ullah, a social activist

an alleged complaint from the Mahadevapura BBMP Assistant Executive Engineer (AEE), identified as Mamata, against the workers sub-contracted by BBMP. The complaint stated that these workers did not properly segregate garbage,” Kaleem said.

The police said that half of labour colonies of Mune-kolala, Tubarahalli's Lal Matti fell under the jurisdiction of Marathahalli police while the other half was under the Varthur police station. Citing the BBMP's AEE's complaint, the police managed to evict a few families, but around 200 families decided to protest against the police and the BBMP stating that the civic body had to clear their dues before lodging a complaint against them (the labourers).

A labour contractor who was protesting said that there were people working for free for BBMP, yet, these guest labourers were asked to go back to their hometown. “Their payment has also been pending; especially for those who earn their daily wages by selling plastics, cardboards and papers,” Kaleem said.

Another agitator said that if the harassment continued, they would continue to not collect garbage or segregate it while the women said that they would stop working as domestic help.

On Thursday morning, few activists like Vinay Sreenivasan from the Alternate Law Firm (ALF), Rosy Banerjee from West Bengal, CITU union members and R Kaleem Ullah joined the protest when the complainant, AEE Mamata, met the activists and explained that she had only reprimanded the workers who did not keep their areas clean and there was no eviction notice or threats of eviction.

The activists are also contemplating on petitioning the BBMP office for official eviction notices, and said they would provide a memorandum to the BBMP for paying their dues at the earliest.

A heavy price for textbooks and uniforms

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TWEETS @BangaloreMIRROR

A resident of Ashoka Nagar, Rajesh J, 42, was in shock when he saw the textbook and stationery bill for his daughter. “The school was charging over Rs 4,000 for just 20 notebooks and an additional Rs 3,000 for textbooks. Along with the textbook fee we also have to pay for uniforms, school bus service, tuition fee, stationery.” Some schools have made it compulsory for the students to buy notebooks and uniforms from the school only. This has made matters worse.

Manjumathi, 38, mother of a 4th-grade student complained that earlier, they had a chance to choose between school-provided stationery or buying it from outside. Even the uniform could have been stitched from outside. “Now, we have no other choice but to buy them.”

Shivaraja Gowda, another parent, complained that they have no other choice than to put up with the unfair prices of private institutions. “I am told that it is my choice to put my children in these expensive private institutions. Even if these are profit-making private schools, there should be some kind of regulation.” The parents said that the rules are unfair, especially when a lot of them are struggling with salary cuts and job losses.

D Shashi Kumar, general secretary, Associated Managements of Primary and Secondary Schools said, “There is a clear order from the government that no school can make it compulsory to buy anything from the school itself. There has to be a choice. No school should charge above MRP if they are selling it on premises.”



Big salute to warriors in white coats

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TWEETS @BangaloreMirror

It has been two years since the pandemic struck, and healthcare workers have been working tirelessly without a break.

Not only did they not have time for their loved ones, but were also living with the fear of potentially losing family members who were at risk of exposure.

On National Doctors Day, BM spoke to doctors to find out what changed in their outlook towards their profession following the covid outbreak.

"Save me."

"I have two small children."

"I don't want to die."

"Will I see my spouse again?"

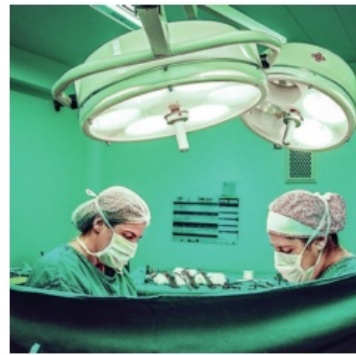
These were some of the heavy requests and questions doctors were

faced with by worried patients.

For both healthcare professionals and patients, covid was a very new disease. The former section was stressed and still risking their lives to save the latter.

Patients were mentally disturbed as well, prompting doctors to address their mental health alongside their own.

Dr Neha Mishra, Consultant, Infectious Diseases, Manipal Hospital Old Airport Road, said, "The pandemic was a unique situation where the patient could not see and meet their kin. Doctors and healthcare workers were their only connection to the world. We supported patients both medically and emotionally. Sometimes they would be too sick to understand or express things. Seeing that and conveying the same to relatives was never easy. From arranging beds to medication,



everything was chaotic and noisy."

Emotional time

Many healthcare professionals themselves fell sick, lost relatives, and got emotionally and physically worked up. However, they came back as warriors to fight against the deadly virus. "I have seen doctors

breaking down, crying insanely.

Typically, the average life of a doctor in India is shortened by 10 years compared to other populations due to the stressful life they lead. This pandemic taught me a lot. I learnt that life is so unpredictable. We should never forget to express our feelings to our loved ones," added Mishra. Dr Prasanna Venkatesh, Managing Director and Senior Consultant Paediatric Urologist, NU Hospitals, said, "Doctors have to ensure they have daily physical activity, annual health check-ups, and appropriate diet. These things are often neglected because of their hectic schedules. They should not be looked over."

"It was warfare. During the initial phase of covid, healthcare workers faced huge challenges in finding a proper diagnosis, controlling rising cases, getting a place to quarantine,

and tracing cases. Finding treatment and a vaccine was a big question back then. The surge in cases caused a huge burden on hospitals. We were not prepared to combat a pandemic like this. However, despite the risks involved, the medical staff dedicated their lives to battling the virus and saving as many people as possible.

There was no personal time for our families for two whole years. When I recall it, the situation was very traumatic but I feel proud for standing up for humankind," said Dr Brunda MS, Consultant, Internal Medicine, Aster CMI Hospital.

While the pandemic took a toll on everybody's life, it opened their eyes largely to improve the infrastructure in the healthcare sector. Increasing general ward and ICU beds, as well as oxygen supply to hospitals were starting to be addressed by the government.



What is Functional Medicine?

Advertorial

Functional Medicine is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.



By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, functional medicine addresses the whole person, not just an isolated set

of symptoms. Functional Medicine practitioners spend time with their patients, listening to their histories and looking at the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease. In this way, Functional Medicine supports the unique expression of health and vitality for each individual.

WHY DO WE NEED FUNCTIONAL MEDICINE?

- Our society is experiencing a sharp increase in the number of people who suffer from complex, chronic diseases, such as diabetes, heart disease, cancer, mental illness, and autoimmune disorders like rheumatoid arthritis
- The system of medicine practiced by most physicians is oriented toward acute care, the diagnosis and treatment of trauma or illness that is of short duration and in need of urgent care, such as appendicitis or a broken leg.
- There's a huge gap between



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research and the way doctors practice. The gap between emerging research in basic sciences and integration into medical practice is enormous—as long as 50 years—particularly in the area of complex, chronic illness.

► Most physicians are not adequately trained to assess the underlying causes of complex, chronic disease and to apply strategies such as nutrition, diet, and exercise to both treat and prevent these illnesses in their patients.

HOW IS FUNCTIONAL MEDICINE DIFFERENT?

Functional Medicine involves understanding the origins, prevention, and treatment of complex, chronic disease. Hallmarks of a Functional Medicine approach include:

- Patient-centered care. The focus of functional medicine is on patient-centered care, promoting health as a positive vitality, beyond just the absence of disease.
- An integrative, science-based healthcare approach. Functional Medicine practitioners look "upstream" to consider the complex web of interactions in the patient's history, physiology, and lifestyle that can lead to illness. The unique genetic makeup of each patient is considered, along with both internal (mind, body and spirit) and external (physical and social environment) factors that affect total functioning.

- Integrating best medical practices. Functional Medicine integrates traditional Western medical practices with what are sometimes considered "alternative" or "integrative" medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines, supplements, therapeutic diets, detoxification programs, or stress-management techniques.

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30% discount on Hydrafacial treatment to commemorate Doctor's Day

Advertorial

Face is the index of not only the mind but also reflects overall personality. Hydrafacial is a type of treatment which addresses facial skin care. During marriages and other joyous occasions, Hydrafacial procedure becomes prominent. Its demand cuts across celebrities and common people. The Provital Health Homeopathy & Aesthetic Clinic in Jayanagar is famous for this treatment.



Hydrafacial for glowing skin

Hydrafacial means hydrating the skin. This helps in making the skin glow. It combines cleansing, ex-foliation, extraction, hydration and antioxidant protection that removes dead skin cells and impurities, while simultaneously delivering moisturizing serums into the skin. It has many advantages. It helps in getting rid of pimples, dryness and wrinkles on the face. It also helps people with sensitive skin. Skin texture will be assessed before doing hydrafacial procedure, says Dr. Shilpa who is the founder and director of the Provital Health Homeopathy & Aesthetic Clinic.

Dr. Shilpa says Homeopathy is a lifestyle, which can help find lasting solutions to various problems and illnesses affecting the people. She has successfully combined Homeopathy and other advanced treatment methods. She is effectively treating lifestyle and aesthetic issues in people coming to her clinic.

She treats people for Hair, Skin Care, Diabetes, Nervous System Disorders, Kidney Disorders, Child Problems, Allergy, (Asthma, Chronic Bronchitis, etc.), Blood Pressure, Thyroid Problems, Infertility, PCOD, Female Disease, Obesity, Orthopedics, Varicose Veins, Psoriasis, Vitiligo, Pigmentation, Acne Scars, Hair Beauty and other cosmetic issues.

On the occasion of Doctor's Day, Provital Health Homeopathy & Aesthetic Clinic is offering a 30% discount for patients till the 31st of July. Patients will get free first consultation during this period.



Dr. Shilpa is basically a Homeopathic practitioner who also excels in beauty care through her Provital Health Homeopathy & Aesthetic Clinic. The clinic offers treatment at affordable rates. She has been practicing Homeopathy for the last 13 years and is known for treating

patients without any side effects. She has extensive knowledge of skin, cosmetology, hair, cosmo derma and disease management. She was felicitated with the Times Health Excellence award in 2022.



Contact Us

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Rain pours miseries on Sultanpet vendors

Waterlogging, stench in the air, congestion hurting small businesses

Shreyashi Mukherjee
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TWEETS @BangaloreMirror

The vendors of Sultanpet say that they are facing losses in their business due to the construction of an underpass in the area.

They also say that the area becomes waterlogged after slight rainfall.

The underpass construction has reportedly been ongoing for over a year, and waste produced there is thrown on the road, making the area congested.

Chinnu, a fruit seller, said, "Because of the construction, the roads have no place for people to stand. Even when only two people come to buy fruits, the area looks crowded and they don't want to linger around. Customers have stopped coming. After covid, my business had already been hit, and now it has gotten worse because of the lack of customers."

The vendors say that they have tried to notify the BBMP authorities about the situation, but no steps were taken by them.

Tamilarasi, another vegetable seller in the area, said, "Whenever it rains, we have to leave the vegetables and vacate the place, but the water reaches till our knees. We cover our goods in plastic and leave. My produce has been destroyed multiple times because I could not carry it all amid the rain."

Cleaning the waterlogged area is reportedly very difficult as well.

It takes over three to four hours to



Vegetable vendors say they cannot even save the vegetables after a big spell of rain in Sultanpet

"We cover our goods in plastic and leave. My produce has been destroyed multiple times because I could not carry it all amid the rain"

—Tamilarasi, vegetable seller

clean the place, vendors said.

That stinks

They also said there is a foul smell in the area following rains, which is another reason that drives customers away. Pandit ji, who owns a shop in the area, said, "It is difficult for us to sit through the foul smell. How can we expect customers to visit

here and do their shopping? On top of that, the construction work causes immense traffic. For the last few months, I have been facing heavy losses."

Customers feel that the entire experience of going there, getting stuck for hours, and wading through huge crowds, is ultimately not worth it. Rashmika M, an IT professional

staying in JP Nagar, said, "I used to visit the market frequently with my mother. They do sell good things, but it is too crowded. It rained once when we were there, and we were stuck for almost an hour. It was very hectic. My mother is also aged, making it difficult for her. We prefer shopping online now."

A BBMP official said that work is in progress, and almost 90 per cent has been completed. He further said that the drainage area is being used as a street, adding that it is the responsibility of people to maintain the place as well.

A matter of C&D waste

CONTINUED FROM PAGE 1

Some of the items don't even come under C&D waste; for example, paint, which is a part of construction waste. There is also a gap in the categorisation of waste adding to residents' worries. Without easy access to a disposal service, most of the C&D waste, averaging between 3,500-4,000 tonnes, end up in lakes and open grounds.

So, Saahas, the not-for-profit, decided to establish a service that involves door-step pick up of C&D waste. "C&D waste disposal is no doubt challenging. Now, citizens can call our helpline number (851 009 1213); we shall arrange for pick ups. We pick up eight different kinds of C&D waste and drop it off at the recycling plant in Jigani. The waste is used as a raw material to build paver blocks, interlocking tiles and such," said Rekha Anil, programme manager at Saahas.

Experts said, as citizens are largely unaware of C&D waste and its disposal, the critical aspect is to create awareness. "We want to collect C&D



C&D waste will be dropped off at recycling plant in Jigani

waste as much as possible but as a pilot we are only focusing on South Bengaluru. Foremost, we need to create awareness about the segregation of C&D waste. Most of the waste we collect has a proper destination, but for some, we are yet to figure out an end destination," Anil told BM.

Saahas collects C&D waste primarily under the categories of concrete, brick, metal, ceramic, plastic, wood, glass and wire. So far, about 3.2 tonnes of C&D waste has been collected. Being a logistic-intensive initiative, the NGO is planning a

subsidised cost model after the pilot period lapses.

While BBMP has its policy on the collection of C&D waste, it's quite a challenging task for residents to avail of it. "Not just C&D waste, we also struggle to get rid of bulky waste like mattresses. Items with any resale value are taken away by contractors. We are left with concrete, wood and glass to be disposed of responsibly," said Padmashree Balaram from Koramangala First Block.

"On World Environment Day, residents collected a tonne of C&D

waste and gave it to Saahas. Usually, there are no takers. Such waste can be seen dumped near lakes and open grounds, and does not get cleared. We know how to handle wet and dry waste but we don't know how to dispose of C&D and bulky waste. Regular waste pickers from BBMP refuse to pick up C&D waste. We want BBMP to create a facility for the proper disposal of C&D waste. It's a very costly affair. We are willing to cooperate with whatever regulations BBMP requires to establish this facility," said Aruna Das of Mantri Alpyne Apartments, Banashankari.

Residents of Arekere said they had to pay exorbitant amounts to get rid of C&D waste. "Even for negligible quantities, BBMP charges a high fee. Apartments don't generate too much of C&D waste but the civic body was quoting Rs 1,500 for a small quantity. To be economical, we were collecting the waste to be sent in bulk quantity," said Vijaya TS of Meenakshi Residency, Arekere.

Meanwhile, BBMP solid waste management joint commissioner Parshuram Shinnalkar told BM that the civic body has identified an agency where citizens can go and give their C&D waste.

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Not for posters! Kumaraswamy Layout



There are posters pasted over electric poles in Kumaraswamy Layout.

Public wasteland? Kaggadasapura



Kaggadasapura 7A Cross (Ward 57), towards the railway track, has become a dumping ground for people. A BBMP vehicle is dumping garbage there as well.

Attention, BESCOM RT Nagar



A BESCOM pole is lying around dangerously broken at 12th Cross, RT Nagar, 1st Block.

ಬಡ ರೋಗಿಗಳಿಗೆ ಸಂಜೀವಿನಿ ಜಿಮ್ ಆಸ್ಪತ್ರೆ

ADVERTORIAL

ಕೆಲವುರಿಗೆ ನಗರದ ಜೇಮ್ಸ್ ಆಸ್ಪತ್ರೆ ಕೋವಿಡ್ ಪೂರ್ವ ಹಾಗೂ ಕೋವಿಡ್ ವೇಳೆ ಅಭಿವೃದ್ಧಿಪಡಿಸಿ ಚಿಕಿತ್ಸೆ ನೀಡುವ ಮೂಲಕ ಜಿಲ್ಲಾದ್ಯಂತ ಸಾರ್ವಜನಿಕರ ಮನ ಗೆದ್ದಿದೆ. ಕೋವಿಡ್ ವೇಳೆ ನಮ್ಮ ಇಡೀ ಜಿಲ್ಲಾ, ಟ್ರಾನ್ಸಾ ಕೇರ್ ಸೆಂಟರ್, ಜಿಲ್ಲಾ ಆಸ್ಪತ್ರೆ ಸಿಬ್ಬಂದಿ ಸೇವೆ ಶ್ವಾಸನಿಯವಾಗಿದ್ದು ಕೋವಿಡ್ ವೇಳೆ ವೈದ್ಯರ ಅವಶ್ಯಕತೆ ಎಷ್ಟು ಎಂಬುದನ್ನು ತಮ್ಮ ಕೆಲಸದ ಮೂಲಕ ಇಡೀ ಜಿಲ್ಲೆಗೆ ತಿಳಿಸಿಕೊಟ್ಟಿದ್ದಾರೆ ಎನ್ನುತ್ತಾರೆ ಜೇಮ್ಸ್ ನಿರ್ದೇಶಕಿ ಡಾ. ಕವಿತಾ ಪಾಟೀಲ್.

ಕಳೆದ ಎರಡು ವರ್ಷಗಳಿಂದ ನಮ್ಮ ಸಿಬ್ಬಂದಿ ಜೀವದ ಹಂಗು ತೊರೆದು ಸೇವೆ ನೀಡಿದ್ದಾರೆ. ಕೋವಿಡ್ ಕರ್ತವ್ಯದಲ್ಲಿ ತೊಡಗಿದ್ದು 600ಕ್ಕೂ ಹೆಚ್ಚು ಸಿಬ್ಬಂದಿಗಳ ಶ್ರಮದಿಂದಾಗಿ ಇವತ್ತು ಜೇಮ್ಸ್ ಆಸ್ಪತ್ರೆ ಹಾವಾಗಿ ಆಸ್ಪತ್ರೆಗಳಿಗಿಂತ ಮೇಲುಗೈ ಸಾಧಿಸಿದೆ. ಜೇಮ್ಸ್ ಆಸ್ಪತ್ರೆ ಕಳೆದ ಎರಡು ವರ್ಷಗಳಲ್ಲಿ ಸಾವಿರಾರು ಕೋವಿಡ್ ಸೋಂಕಿತರನ್ನು ಗುಣಮುಖರನ್ನಾಗಿಸಿದೆ. 20 ಜನರ 70 ಶಂಕೆಗಳು ನಾನಾ ವಿಭಾಗಗಳಲ್ಲಿ ಮೂರು ಪಾಳೆಯಲ್ಲಿ ಕೆಲಸ ಮಾಡಿದ್ದಾರೆ. ಎರಡು ವರ್ಷಗಳ ಕಷ್ಟದ ದಿನಗಳಲ್ಲಿ ಕೈಗೊಂಡ ಕೆಲಸದಿಂದಾಗಿ ಇವತ್ತು ಜೇಮ್ಸ್ ರಾಜ್ಯದಲ್ಲಿ ಉತ್ತಮ ಹೆಸರು ಮಾಡಲು ಕಾರಣವಾಗಿದೆ ಎನ್ನುತ್ತಾರೆ ಅವರು.

ಶೀಘ್ರ ಬ್ಲಡ್ ಬ್ಯಾಂಕ್ ಸ್ಥಾಪನೆ: ಜೇಮ್ಸ್ನಲ್ಲಿ ಶೀಘ್ರ ಬ್ಲಡ್ ಬ್ಯಾಂಕ್ ತೆರೆಯುವ ಕಾರ್ಯ ನಡೆಯುತ್ತಿದ್ದು ಮುಂದಿನ ಕೆಲ ದಿನಗಳಲ್ಲಿ ನಗರದಲ್ಲಿ ಐ ಬ್ಯಾಂಕ್ ಸ್ಥಾಪನೆ ಮಾಡಲಿದೆ. ಇದರೊಂದಿಗೆ ಗ್ರಾಮೀಣ ಭಾಗದ 30 ಕೆ. ಮೀ. ವ್ಯಾಪ್ತಿಯ ಕಣ್ಣು ಶಾಸ್ತ್ರ ವಾಸ ಮಾಡುವವರಿಗೆ ಅನುಕೂಲವಾಗಲಿದೆ. ಅಲ್ಲದೆ ಅದರಿಂದ ಹಲವು ಅಂಧರ ಬಾಳಿಗೆ ಬೆಳಕು ನೀಡಲಿದೆ.

ಜೇಮ್ಸ್ ಆಕ್ಸಿಜನ್ ಸ್ಥಾನಂಧಿ: ಜೇಮ್ಸ್ ಆಂಗಲದಲ್ಲಿ 20 ಕೆಎಲ್ಡಿ ಸಾಮರ್ಥ್ಯದ ಆಕ್ಸಿಜನ್ ಘಟಕವಿದೆ. ಮುಂದಿನ ಆಲೋಚನೆ ಎದುರಿಸುವ ನಿಟ್ಟಿನಲ್ಲಿ ಸಜ್ಜಿದವಾಗಲಿದೆ. ಎಲ್ ಟ್ಯಾಂಕ್ ಟಿ ಕಂಪನಿಯ ಸಹಯೋಗದಲ್ಲಿ 500 ಎಲ್ ಟ್ಯಾಂಕ್ ಅರಂಭವಾಗಿದೆ. ಡಿಆರ್‌ಡಿಯು ನೆರವಿನ 1000 ಎಲ್ ಟ್ಯಾಂಕ್ ಘಟಕಗಳು ತೀವ್ರ ಸ್ಥಾಪನೆ ಆಗಿದೆ.

ಈ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಕೋವಿಡ್ ರೋಗಿಗಳ ನಿರ್ವಹಣೆಗಾಗಿ ಒಟ್ಟು 873 ಬೆಡ್‌ಗಳಲ್ಲಿ ಆಕ್ಸಿಜನ್ ಸೌಲಭ್ಯದ 573 ಬೆಡ್‌ಗಳು ಕೋವಿಡ್ ರೋಗಿಗಳಿಗೆ ಮೀಸಲಿಡಲಾಗಿತ್ತು. ಅದರಲ್ಲಿ ಸುಮಾರು 70 ಬೆಡ್‌ಗಳನ್ನು ಕೋವಿಡ್ ಪಾಟೀಟ್ ಇರುವ ಗರ್ಭಿಣಿಯರಿಗಾಗಿ ಮೀಸಲಿಡಲಾಗಿತ್ತು. ಇದರಲ್ಲಿ 214 ಐಸಿಯು ಹಾಗೂ 92 ವೆಂಟಿಲೇಟರ್ ಅಳವಡಿಕೆಯ ಬೆಡ್‌ ನಿರ್ವಹಿಸಲಾಗಿದೆ.

ನವಜಾತ ಶಿಶುಗಳ ಆರೈಕೆ: ಜೇಮ್ಸ್‌ನಲ್ಲಿ 100 ಹಾಸಿಗೆಗಳ ನವಜಾತ ಶಿಶುಗಳ ಆರೈಕೆ ಕೇಂದ್ರವನ್ನು ತೆರೆಯಲಾಗಿದ್ದು ಇಲ್ಲಿ ಅವಧಿಪೂರ್ವ ಹುಟ್ಟಿದ್ದ ಮಗು, ಬಾಣಂತನದ ವೇಳೆ ಮಗುವಿನಲ್ಲಿ ಕಡಿಮೆ ದೇಹ ತೂಕ ಸೇರಿ ನಾನಾ ರೋಗ ಹೊಂದಿರುವ ಮಕ್ಕಳಿಗಾಗಿ ವಿಶೇಷ ಆರೈಕೆ ವಾರ್ಡ್ ತೆರೆಯಲಾಗಿದೆ. ಇದರಲ್ಲಿ ಒಂದು ಬಾರಿಗೆ 100 ಕ್ಕೂ ಅಧಿಕ ಮಕ್ಕಳನ್ನು ಸೇರ್ಪಡೆ ಮಾಡಿ ಚಿಕಿತ್ಸೆ ನೀಡಬಹುದು. ಇದು ಜಿಲ್ಲೆಯಲ್ಲಿ ಅತ್ಯಂತ ದೊಡ್ಡದಾಗಿದ್ದು ನಗರ ಹಾಗೂ ಗ್ರಾಮೀಣ ಭಾಗದ ಎಂಥಹುದು ಮಕ್ಕಳ ಸಮಸ್ಯೆ ಇದ್ದರೂ ಇಲ್ಲಿಯೇ ಅದನ್ನು ನಿವಾರಿಸುವ ಕೆಲಸ ಡಾ.ಕವಿತಾ ಪಾಟೀಲ್ ನೇತೃತ್ವದ ಜೇಮ್ಸ್ ಮಕ್ಕಳ ವಿಭಾಗ ಮಾಡಲಿದೆ.



ಎಸ್‌ಸಿಪಿ/ಟಿಎಸ್‌ಪಿ ಯೋಜನೆ ಲಾಭ ಪಡೆಯಿರಿ

ಜಿಲ್ಲೆಯ ಹಾಗೂ ರಾಜ್ಯದ ಪರಿಶಿಷ್ಟ ಪಂಗಡ ಮತ್ತು ಪರಿಶಿಷ್ಟ ಜಾತಿ ವಿಭಾಗದವರಿಗೆ ಜೇಮ್ಸ್‌ನಲ್ಲಿ ಉಚಿತ ಚಿಕಿತ್ಸಾ ಸೌಲಭ್ಯ ಕಲ್ಪಿಸಲಾಗಿದೆ. ಕೆಲವು ಚಿಕಿತ್ಸೆಗಳಿಗೆ ಬಿಪಿಎಲ್ ಕಾರ್ಡ್ ಇದ್ದರೂ ಕೆಲ ಪ್ರಮಾಣದ ಹಣ ಕಟ್ಟಬೇಕಾಗಿರುತ್ತದೆ. ಆದರೆ ಜೇಮ್ಸ್‌ನಲ್ಲಿ ಎಸ್‌ಸಿಪಿ, ಟಿಎಸ್‌ಪಿ ಯೋಜನೆಯಡಿ ನಿಮ್ಮ ಚಿಕಿತ್ಸೆ ಚಾಕಿ ಪ್ರಮಾಣದ ನಿರೀಕ್ಷೆ ದುಬಾರಿ ಚಿಕಿತ್ಸೆಗಳು ಕೂಡ ಉಚಿತವಾಗಿ ಮಾಡಲಾಗುತ್ತದೆ ಎಂದು ಹೇಳುತ್ತಾರೆ ಜೇಮ್ಸ್ ನಿರ್ದೇಶಕಿ ಡಾ.ಕವಿತಾ ಪಾಟೀಲ್. ಈ ಬಗ್ಗೆ ಜಾಗೃತಿಯ ಕೊನತೆ ಇದ್ದು ಸಾರ್ವಜನಿಕರು ಇದರ ಬಗ್ಗೆ ಮಾಹಿತಿ ಪಡೆಯಬೇಕು ಎಂದು ಮನವಿ ಮಾಡುತ್ತಾರೆ.

ಅರ್ಥೋಡರ್ಮಿ, ನಾನಾ ಚಿಕಿತ್ಸೆ, ಭುವದ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ, ಕೈ ಮತ್ತು ಹಸ್ತದ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ, ಪಿರೆ (ಚಿಟ್ಟಿ) ಬದಲಾವಣೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ, ಮೋಣಾಲು ಚಿಪ್ಪು ಬದಲಾವಣೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ, ಪಾದ ಮತ್ತು ಪಾದದ ಮಣಿಕಟ್ಟು ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ, ವಕ್ರ ಮೂಳೆಗಳನ್ನು ಸಹಜ ಸ್ಥಿತಿಗೆ ತರುವ ಚಿಕಿತ್ಸೆ ನೀಡಲಾಗುತ್ತಿದೆ. ಇವುಗಳೆಲ್ಲವು ಸರಕಾರ ನಿಗದಿ ಮಾಡಿದ ದರದಲ್ಲಿ ಚಿಕಿತ್ಸೆ ನೀಡಲಾಗುತ್ತಿದೆ.



ಡಾ.ಕವಿತಾ ಪಾಟೀಲ್ ಸಾರಥ್ಯ

300ಕ್ಕೂ ಅಧಿಕ ಸಿಬ್ಬಂದಿ ಕಾರ್ಯ ನಿರ್ವಹಣೆ

ಸಕಲ ಸೇವೆಗೆ ಜಿಲ್ಲಾಡಳಿತದ ಸಾಥ್

ಎಲ್ಲರೂ ಇಲ್ಲಿ ಆಧಾರ ಸ್ತಂಭ

ಜೇಮ್ಸ್‌ನಲ್ಲಿ ವೈದ್ಯರೇ ಇರುವುದರಿಂದ ಆಧಾರ ಸ್ತಂಭದವರು ಸರ್ಜನ್ ಮತ್ತು ಡಿ ಗ್ರೂಪ್ ಸಿಬ್ಬಂದಿ. ಕೋವಿಡ್ ಯುದ್ಧದ ಗೆಲುವಿನ ಮಿಷಿ ಇವರಿಲ್ಲದೆ ಹೋದರೆ ಅಪೂರ್ಣ. ಜೇಮ್ಸ್‌ನಲ್ಲಿ ಮಾನವೀಯ ಮುಖಗಳಿವೆ, ಮನಸ್ಸುಗಳಿವೆ. ಎಲ್ಲಾಕೆಲಸ ಮಿಗಿಲಾಗಿ ಕಷ್ಟ ಕಷ್ಟರಾದವರೂ ಇದ್ದಾರೆ. ಸೋಂಕಿತರ ಜತೆಯಲ್ಲಿ ಯಾರೂ ಅಟಿಂಟ್ (ಸಂಬಂಧಿಕರು) ಗಳೇ ಇಲ್ಲದೆ ಎಷ್ಟೋ ಜನರಿಗೆ ಗುಣಮುಖ ಮಾಡಿ ಅವರಿಗೆ ವಾಪಸ್ ಕಳಿಸಿ ಮಾನವೀಯತೆ ಮೆರೆದ ವೈದ್ಯರು, ನರ್ಸ್‌ಗಳು, ಡಿ ಗ್ರೂಪ್ ಸಿಬ್ಬಂದಿ ಇದ್ದಾರೆ. ಅದಲ್ಲದೆ, ಯಾರೂ ಇಲ್ಲದೆ ಸಾವನ್ನಪ್ಪಿದ ಸೋಂಕು ಹೀಡಿತ ದೇಹಗಳಿಗೆ ಮುಕ್ತಿಯೂ ಕಾಣಿಸಿದ ಸಿಬ್ಬಂದಿಗಳೂ ಇದ್ದಾರೆ. ಇವರು ಯಾರಿಗೂ ಭೇದ ಮಾಡಿಲ್ಲ, ಜಾತಿ, ಧರ್ಮ ನೋಡಿಲ್ಲ. ಅಲ್ಲಿದ್ದಿದ್ದು ಒಬ್ಬ ಮಾನವೀಯತೆ. ಕೋವಿಡ್ ಎದುರಿದ್ದ ಗೆಲುವಿನ ಮಂತ್ರ ಮಾತ್ರ.

ಪ್ರಾರಂಭವಾಗಿದೆ ಪಿಜಿ ಕ್ಯಾನ್ಸರ್

ಜೇಮ್ಸ್‌ನಲ್ಲಿ ಈ ಬಾರಿ ಹೊಸದಾಗಿ ವೈದ್ಯಕೀಯ ಪಿಜಿ ಕ್ಯಾನ್ಸರ್ ಅರಂಭ ಮಾಡಲಾಗಿದ್ದು ಪಾಥೋಲಜಿ 3, ಕೆಮಿಸ್ಟ್ರಿ ಮೆಡಿಸಿನ್ 4, ಫಾರ್ಮೆಸ್ಟ್ರಿ ಮೆಡಿಸಿನ್ 3, ಪಿಡಿಯಾಟ್ರಿಕ್ಸ್ 4, ಜನರಲ್ ಮೆಡಿಸಿನ್ 5, ಅಪ್ಪರಮೊಲೋಜಿ 3, ಇಮುನಿಟಿ 1, ಅರ್ಥೋಪೀಡಿಸ್ 3, ಅನಸ್ಟೇಸಿಯೊಲಜಿ 4, ಜನರಲ್ ಸರ್ಜರಿ 4, ಒಬಿಜಿ 4 ಸೇರಿ ಒಟ್ಟು 38 ವಿದ್ಯಾರ್ಥಿಗಳು ಅಭ್ಯಾಸ ಮಾಡುತ್ತಿದ್ದಾರೆ. 38 ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಪ್ರಸ್ತುತ 34 ವಿದ್ಯಾರ್ಥಿಗಳು ಮಾತ್ರ ಅಭ್ಯಾಸ ಮಾಡುತ್ತಿದ್ದಾರೆ.

ಜೇಮ್ಸ್ ನಿರ್ದೇಶಕರ ನುಡಿ....

ಡಾ.ಬಿ.ಸಿ.ರಾಯ್ ಅವರ ಜನ್ಮದಿನದ ನಿಮಿತ್ತ ರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದಲ್ಲಿ ವೈದ್ಯರ ದಿನವನ್ನು ಆಚರಿಸಲಾಗುತ್ತದೆ. ಸಾಮಾನ್ಯ ಜನರು ಸೇರಿ ಸರ್ವರಿಗೂ ಒಂದೇ ರೀತಿಯ ವೈದ್ಯಕೀಯ ಸೌಲಭ್ಯ ನೀಡಬೇಕು ಎಂಬ ಆಶಯವನ್ನು ಅವರು ಹೊಂದಿದ್ದರು. ಒಂದು ದೇಶದಲ್ಲಿನ ವೈದ್ಯಕೀಯ ಸೌಲಭ್ಯ ಹಾಗೂ ಅಲ್ಲಿ ಕಾಣುವ ರೋಗಿಗಳ ಬಗ್ಗೆ ಆದ್ಯಯನದಿಂದ ಆ ದೇಶದ ಪ್ರಗತಿಯನ್ನು ಅಳಿಯಲಾಗುತ್ತದೆ. ಇಂದು ಹಲವು ಮುಂದುವರಿದ ರಾಷ್ಟ್ರಗಳಲ್ಲಿ ಸಾಂಕ್ರಮಿಕ ರೋಗಗಳಾದ ಕಾಲರಾ, ಮಲೇರಿಯಾ, ಪ್ಲೇಗ್‌ರಿಯಾ ಸೇರಿ ಕೆಲ ರೋಗಿಗಳು ಕಂಡು ಬರುವುದಿಲ್ಲ. ನಮ್ಮ ದೇಶದ ಕೆಲವು ಭಾಗಗಳಲ್ಲಿ ಈ ರೋಗಿಗಳು ಕಂಡು ಬರುತ್ತಿವೆ. ಇವುಗಳ ವಿರುದ್ಧ ನಾವುಗಳು ಹಲವು ವರ್ಷಗಳಿಂದ ಹೋರಾಟ ನಡೆಸುತ್ತಾ ಬಂದರೂ ಇಂದಿಗೂ ನಿರ್ಮೂಲನೆ ಸಾಧ್ಯವಾಗಿದೆ. ಅದರ ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ತೀವ್ರವಾಗಿ ಇವುಗಳ ನಿರ್ಮೂಲನೆ ಆಗಲಿದೆ. ಕಳೆದ ಎರಡು ವರ್ಷಗಳಿಂದ ನಿರಂತರವಾಗಿ ಒತ್ತಡದಲ್ಲಿ ವೈದ್ಯರು ಸೇರಿ ವೈದ್ಯಕೀಯ ಸೇವೆಯಲ್ಲಿ ದುಡಿಯುವ ಎಲ್ಲರೂ ಹಲವು ಸಂಕಷ್ಟಗಳನ್ನು ಎದುರಿಸುವ ಮೂಲಕ ಕೋವಿಡ್‌ನ ಮೂರು ಆಲೋಚನೆಗಳನ್ನು ಎದುರಿಸಿದ್ದೇವೆ. ಮೊದಲ ಆಲೆ ವೇಳೆ ವೈರಸ್‌ನ ಲಕ್ಷಣ ತಿಳಿದಿರಲಿಲ್ಲ. ಎರಡನೇ ಆಲೆ ವೇಳೆ ವೈರಸ್ ರೂಪಾಂತರಗೊಂಡು ನಾನಾ ಕಷ್ಟ ನೀಡಿತು. ಆದರೆ ಇಡೀ ದೇಶ ಇದರ ವಿರುದ್ಧ ಸೆಣಸಾಡಿದೆ. ವಿಶ್ವದಲ್ಲೇ ಮೊದಲ ಬಾರಿಗೆ ಭಾರತ ಸರಕಾರ ಕೋವಿಡ್‌ಗೆ ಲಗತ್ತೆ ಕಂಡು ಹಿಡಿದು, ಜನರ ಉಚಿತವಾಗಿ ನೀಡುವ ಮೂಲಕ ಮೂರನೇ ಆಲೆಯ ದಾಳಿಯನ್ನ ಸಹಾಯ ಕಡಿಮೆಯಾಗಿಸಿತು. ಇದೀಗ ನಾಲ್ಕನೇ ಆಲೆಯ ಭೀತಿ ಎದುರಾಗುತ್ತಿದ್ದು ಜನರು ಬೂಸ್ಟರ್ ಡೋಸ್ ಪಡೆಯಬೇಕು ಹಾಗೂ ಮುಂದಿನ ಕೆಲ ದಿನಗಳವರೆಗೆ ಮಾಸ್ಕ್ ಧರಿಸುವಿಕೆ, ಸಾಮಾಜಿಕ ಅಂತರ ಕಾಪಾಡಿಕೊಳ್ಳುವ ಮೂಲಕ ಕೋವಿಡ್‌ ನಿಂದ ಬಚ್ಚಾಡುವುದು ಎಂಬ ಹೇಳುತ್ತ ಸರ್ವ ವೈದ್ಯಕೀಯ ಸಿಬ್ಬಂದಿಗೆ ಹಾಕಲ್ಪಾ ಡೇ ಶುಭಾಶಯಗಳು

- ಡಾ.ಕವಿತಾ ಪಾಟೀಲ್, ಡೀನ್ ಹಾಗೂ ನಿರ್ದೇಶಕಿ ಜೇಮ್ಸ್ (ಗುಲ್ಬರ್ಗಾ ವೈದ್ಯಕೀಯ ವಿಜ್ಞಾನಗಳ ಸಂಸ್ಥೆ)

Police will keep a watch even on reels that thrill

Bangalore Mirror Bureau
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TWEETS @BangaloreMIRROR

Everyone, keep in mind — you must follow traffic rules not just while driving on road but also while shooting for social media platforms. These days, with Instagram reels being quite the thing, youngsters are seen even violating traffic rules to get an exciting reel out. Now, city police have set up a social media team to keep a watch on such reels. Recently, a person who performed for a reel was fined Rs 17,500 for violating traffic rules.

Joint Commissioner of Police (Traffic) BR Ravikanth Gowda said, "We have an internal social media watch team. The mandate for the team is to keep an eye on all the social media platform activities. If a video is shot on a bike in static position, then no traffic violation is booked. However, if any video is shot on a moving bike by violating traffic rules, then we will definitely impose fines. There are many examples where people share videos without wearing helmets or riding triples. These attract fines as they are classic examples of traffic violation."

Explaining the police action against such vehicles, Gowda said, "Based on the vehicle's registration number, we will issue traffic challans to owners. Though there is a provision for a person to challenge this in court, we will proceed to impose fines when we have sufficient evidence."

Another senior police official said, "Recently, an Instagram reel performer was penalised as he was seen performing dangerous stunts and neglecting traffic rules. It must be understood that traffic rules are meant for ensuring safety. But, with short videos becoming popular on social media, many are making dangerous videos with the intention to garner the maximum number of likes."

New software for fines

Meanwhile, police are finding it tough to recover the fine amount from the violators. According to data, a total fine of 10,01,86,95,550 is yet to be collected from violators across the State. Bengaluru has a lion's share with 8,24,94,10,100 fines yet to be collected for 1,65,45,361 cases. Now, the Karnataka State Legal Services Authority and Police department have joined hands to use a new software. It is being used on a pilot basis in Bengaluru. During the Lok Adalat held recently, 2.23 lakh traffic challans were cleared by collecting the fine amount of Rs 22.36 crore.



A youngster performs a bike stunt while his friends film him (file photo)

CITY PAGE 9

DC summoned after High Court's 'collection centre' rap



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personal

CHANGE OF NAME

I, Ramachandra.k.p S/o poornanand.k.r R/O No- 971, 4th e block, 10th b main, rajajinagar, bangalore- 560010. have changed the name of my minor daughter Keerthi Ramachandra Khoday aged about 4.9 years and she shall hereafter be known as Krithika Ramachandra Khoday. vide affidavit dated 28 June 2022. sworn before advocate and notary Dr R.S.Vijay

I, Panduranga.C S/o Chandrappa residing at No.704, Sudiksha Ground Floor, 20th Cross, 21st A Main, HSR Layout, Bangalore - 560102 have changed my Daughter's name from Tanvi P to Tanvi P Malnad vide affidavit dated : 30.6.2022 Sworn before Notary B.M.Chandra shekar, Bangalore

I, BHOO MIKA KRISHNAGIRI MAHESH, R/at #546, Bazar Road, Bazar Street, Kvenpu Circle, Bangarpet-563114. I Have changed my name to BHOO MIKA SUNKU KAUSHAL, W/o.Kaushal S.P. Vide Affidavit Dated: 29/06/2022. Sworn before Notary: V.Rajashekhar, Advocate, Bangalore

I, Panduranga.C S/o Chandrappa residing at No.704, Sudiksha Ground Floor, 20th Cross, 21st A Main, HSR Layout, Bangalore - 560102 have changed my Son's name from Manvith P to Manvith P Malnad vide affidavit dated : 30.6.2022 Sworn before Notary B.M.Chandra shekar, Bangalore

I Santoshakumar S/O. Mahadevamma R/o #21 Shree Nivasa Mathura Nagar 3rd Stage Near Yellamma Temple Varthur Bangalore 560087 have changed my name to Santosh Kumar Madri for all purposes.

I, Anand Rajappa S/o, Rajappa R/o No 186, 6th Cross, 28th Main, HSR Layout, 1st Sector, Bangalore-560102 have changed my name to Ananda Rajappa for all purposes.

I, SAHANA MEHTA, Residing at # 1924, C Block, 4th A Main Road, Sahakar Nagar, Bangalore-560092, have changed my husband name from VIREN KUMAR to VIREN KUMAR MEHTA vide affidavit dated: 06.06.2022 before notary H.K.Gopalagowda, Bengaluru.

I Amogh Sriram S/O. Badrinath C S R/o No A401 Renaissance Brindavan Apartment Uttarahalli Main Road Bangalore 560061 have changed my name to Amogha Srirama C B for all purposes.

I, MAHABOOB BASHA BADESAHEB SHAIKH S/o Badesaheb Shaik R/at No. 470 Vishnu Nilaya 1st main 1st cross Rajeshwarinagar Laggere Bengaluru - 560058. have changed my name to MAHABOOB BASHA SHAIKH vide affidavit dated: 30/6/2022 Before Notary K.V.Mani Bangalore.

I, Srinivasa Nallagutlahalli Muniswamy R/o No.19, Suresh Building, Prabhakar Reddy Badavane, Patel Lyt, Honga - sandra, Bengaluru 560068 have changed my name to SRINIVASALU MUNISWAMY affidavit Dt.30/06/2022 Notary, K.V.Mani, Bluru

I, Muneer Ahamed Abdul Basha S/o Abdul Basha R/o #79 Muslim Colony Amruthur Renuka Nagara Tumakuru- 572111 have changed my name to Muneer Ahamed .

I, Sriharsha Seetharama Setty R/o No.224, 16th main, 20th cross, Sector-3, HSR Layout, Bengaluru 560102 have changed my name to SRIHARSHA SETTY affidavit Dt.30/06/2022 Notary A.R Muneer Ahmed, Bluru

I Anu Singh S W/O, Suresh Bahadur Singh R/o No.7/1, Sabapathy Lane, Kamraj Road, Bangalore - 560001 have changed my name to Anu Singh for all purposes.

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BU has potential to catch each drop of rain

Jnana Bharathi campus can harvest around 1,545 mn litres of water annually

Garima Prasher
c-garima.prasher
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The Department of Environment Science, Bangalore University, has estimated the rainwater harvesting potential of the Jnana Bharathi campus. As per the evaluation, the campus can harvest around 1,545 million litres of water annually - enough to meet all its water needs.

"The study was conducted as a part of the green audit report for the university. To analyse the rainwater harvesting (RWH) potential of the campus, we have taken average rainfall, surface area, and hydrogeological factors into consideration. If done efficiently, the campus will not require a water connection from BWSSB," said Dr BC Nagaraja, Chairman, Department of Environmental Science. According to the report, the campus has 131 buildings, of which 29 have a rooftop area of more than 1000 sq m; 92 buildings have an area of around 500 sq m, and 10 buildings are of around 500-1,000 sq m.

The campus also has biodiversity conservation areas, open land, roads and pathways. While the biodiversity conservation areas are spread over 192.23 hectares of land, open spaces consist of 115.56 hectares, and roads and pathways comprise 8.343 hectares.

"We took into account the



Recharge pits at Jnana Bharathi campus are working wonders

Groundwater table has improved on the campus and also in the downstream area; condition of 11 abandoned has improved

—BC Nagaraja, Dept of Environmental Science

building rooftop area and also considered biodiversity conservation spots, open land areas, and roads inside the campus. All put together, the RWH potential of the campus is 15,45,425.25 cubic metre (1,550 million litre). Soil condition, the topography of an area, and existing land use and land cover were also taken into account," said Nagaraja.

As of now, only three buildings on the campus have RWH structures. While there are proposals to upgrade all the buildings and install these structures, lack of funds is the biggest hurdle.

Presently, the campus has only recharge pits to help improve the groundwater table. "While we are only recharging at the moment, we should also look at the storage and utilisation facility for rainwater," he added.

Experts say that educational institutions should install RWH systems on their campuses.

"Many educational institutions in the city are spread over acres of land. These huge campuses are ideal places to harvest rainwater. However, one should be careful while putting up a percolation pit in an urban setup. There are guide-

lines given by the Central Pollution Control Board on aspects that need to be kept in mind while creating these structures. An urban landscape consists of various pollutants such as dust and industrial effluents. Care should be taken to avoid contamination of groundwater through these pits," Nagaraja added.

Groundwater table

According to the information from the Department of Civil Engineering, the water level in the borewells in and around the campus has substantially increased over the last few years due to efforts undertaken by the varsity in the past. In association with the Central Groundwater Authority of India (CGAI), the Jnana Bharathi campus started harvesting rainwater in 2000 to recharge the groundwater table in the area.

"After the survey, we identified 27 potential sites to construct percolation pits to harvest rainwater and recharge the water table. We created rainwater recharge pits at seven out of the 27 locations in 2000," said Dr S Ravi Kumar, Professor and Chairman, Department of Civil Engineering, BU. The groundwater level has improved tremendously since then, BU officials said. "We had four borewells catering to the needs of our hostels, and two borewells for the Sports Authority of India building," Kumar added.

Many abandoned borewells in and around the campus have come back to life too.

Delhi cops bring scribe to city

Alt News co-founder Mohammed Zubair on Thursday was brought to Bengaluru by the Intelligence Fusion and Strategic Operations (IFSO) unit of the Delhi Police Special Cell. Meanwhile, the Delhi Police team was seen leaving the Bengaluru residence of Zubair. He has moved Delhi HC challenging the police remand granted by Patiala House Court to the Delhi Police Special Cell.

Earlier on Tuesday, Delhi Police got a 4-day remand of Zubair who was arrested in connection with an "objectionable" tweet. He was arrested on June 27 in Delhi for allegedly hurting religious sentiments, through a social media post. The FIR against Zubair was lodged on June 20 based on the complaint filed by the Duty Officer of the IFSO unit of the Delhi Police Special Cell which tackles cyber crimes. Zubair was booked under Sections 153A (promotion of enmity between different groups on grounds of religion, race, place of birth, residence, language) and 295A (Deliberate and malicious acts, intended to outrage religious feelings of any class by insulting its religion or religious beliefs) of the IPC, Delhi Police said.

—ANI

HC terms ACB 'collection centre'

After being rapped by the High Court, Karnataka's Anti-Corruption Bureau (ACB) on Thursday summoned Bengaluru Urban District Commissioner J. Manjunath for interrogation in connection with the bribe case. The High Court had hauled up the ACB and called it a "centre of corruption" and "collection centre". The bench headed by Justice HP Sandesh had further stated that ACB is presently headed by a tainted ADGP. Former CM HD Kumaraswamy slammed ruling BJP on Thursday saying that it is a shameful that the ACB wing is headed by a tainted officer.

Noting that the government is intentionally posting such tainted officers to this post, the court said it knows what all has been done in the case of former Chief Secretary Jadhav case. The investigation officer is useless, the bench had noted.

Ekhnath Shinde is Maha CM, Fadnavis will be his deputy

#MUMBAI

Ekhnath Shinde, who led a revolt against Shiv Sena leading to the collapse of the 31-month-old Maha Vikas Aghadi (MVA) government, took oath as the chief minister of Maharashtra on Thursday evening.

He was administered an oath by Governor Bhagat Singh Koshiyari at the Raj Bhavan in Mumbai. BJP leader Devendra Fadnavis took oath as Deputy Chief Minister. Fadnavis, who was Chief Minister of Maharashtra from 2014-19, announced at a joint press conference in Mumbai on Thursday that Ekhnath Shinde will be the new state Chief Minister. Fadnavis also announced at the press conference that he won't be part of the government. Home Minister Amit Shah said in a tweet later that Fadnavis has decided to be part of the new government in Maharashtra in the interest of the



Rebel Shiv Sena leader Ekhnath Shinde, gestures as he is sworn in as chief minister of Maharashtra state in Mumbai

people of the state after a word from BJP chief JP Nadda and congratulated him for his decision.

He said in a tweet that Fadnavis has shown a "big heart" and the decision reflects his true dedication and attitude of service towards

Maharashtra.

"On the word of BJP chief JP Nadda, Devendra Fadnavis, showing a big heart, has decided to be part of the government in the interest of Maharashtra and the people of the state. This decision reflects his true dedication," Amit Shah said.

—ANI

ADMISSION OPEN TIMES **interact**

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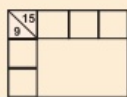
Limited seats. For admissions call:

2^{ನೇ} ಪಿಯುಸಿ ಅನುತೀರ್ಣವಾದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಒಂದು ಸುವರ್ಣ ಅವಕಾಶ. ಸಂಪರ್ಕಿಸಿ:

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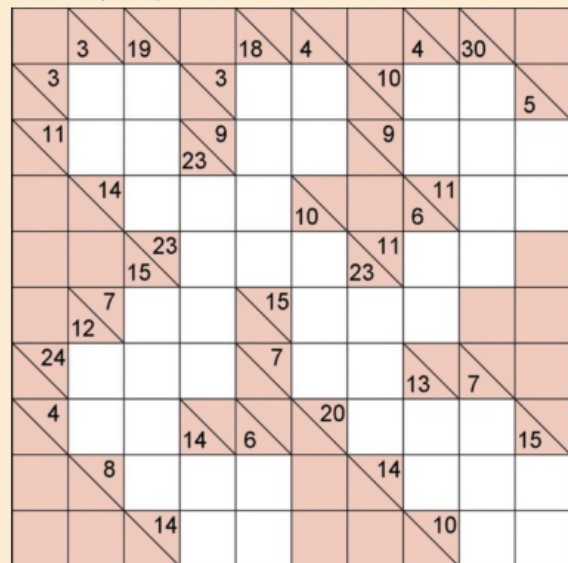
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

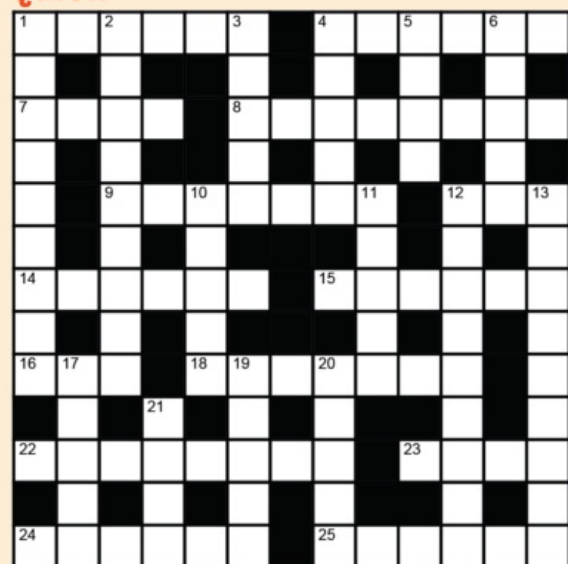


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Female sibling (6)
- 4 Fatty tumour (6)
- 7 Metal spike (4)
- 8 Writing down of music (8)
- 9 Prevented or obstructed (7)
- 12 KGB's Cold War foe (3)
- 14 Queasiness (6)
- 15 Verbally (6)
- 16 Sick (3)
- 18 Fame (7)
- 22 Loud confusion (8)
- 23 Prima donna (4)
- 24 Pursues or follows (6)
- 25 Sicilian volcano (2,4)

DOWN

- 1 Festival celebrated in January (9)
- 2 Disembodied (9)
- 3 Extent or limit (5)
- 4 Liquid measure (5)
- 5 Golf stroke (4)
- 6 A NZ Polynesian (5)
- 10 Entreaties (5)
- 11 Risked or braved (5)
- 12 Regular newspaper contributor (9)
- 13 India's first satellite (9)
- 17 Coniferous tree (5)
- 19 Sporting sides (5)
- 20 Kingdom (5)
- 21 Tea holders (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: G EQUALS Y
BFTZ M OFFV DL GFEY BMLZ
MLZ GFE'YX M RDTCDJ MU
UBX CMUXI FK M LXQ SDUG.



Linemaro

I sent you an angel last night. He came back and said, 'Sorry, I don't look after other angels'



Mindchow

Pain is inevitable. Suffering is optional



Joke of the day

"What are you going to be when you graduate?"
"An old man"

Loop

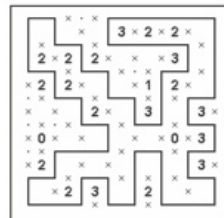
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

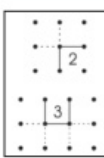
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

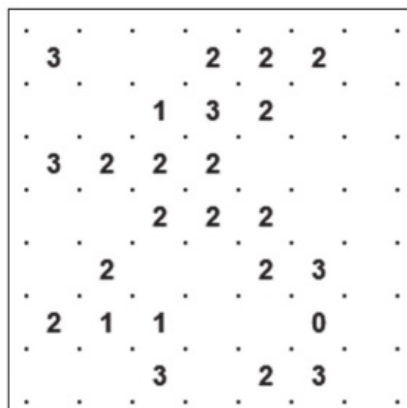
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



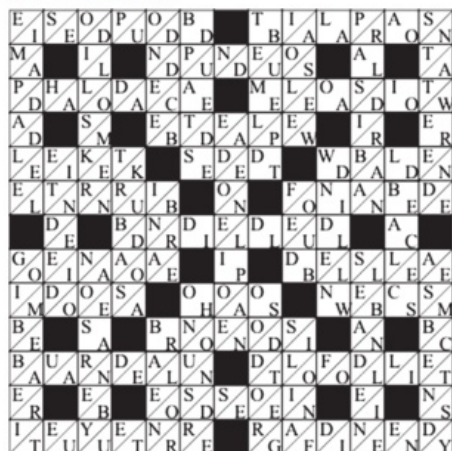
(Fig A)



(Fig B)
Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

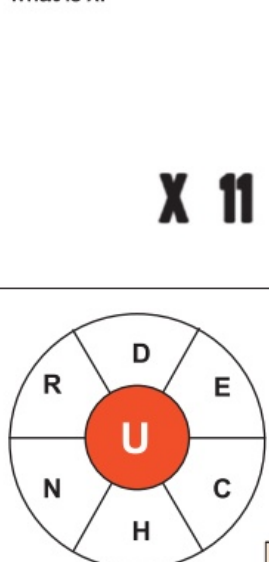
- 1 Pawls; 6 Ova he;
- 7 Bail I; 8 Weirs;
- 9 Rooms

DOWN

- 1 Whams; 2 Pool I;
- 3 Via so; 4 Reb we;
- 5 Rials

Mensapuzzle

What is X?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

$\square \square \square \square = 9$

1 4 5 7

Medium

$\square \square \square \square = 7$

2 4 5 6

Hard

$\square \square \square \square = 4$

2 2 8 2

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Leg is not showing; 2. Curtain is longer; 3. Paper is missing; 4. Fingers are thinner; 5. Arm is added to chair; 6. Man is thinner.

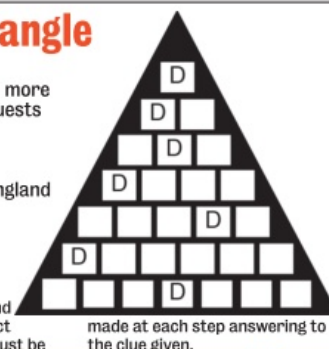
Below you will find uncommon titles to five award winning, or popular children's books. How many can you decipher?

1. Where the Crimson Foliage Propagates.
2. Obscure Oasis
3. The Sunny Season of the Cygnus.
4. Feline in the Bonnet.
5. A Crumple in Chronology.

Alpha triangle

- 1 Vitamin type
- 2 Princess, alas no more
- 3 Bartender's requests
- 4 Rackets
- 5 Breezes
- 6 Repudiate
- 7 Royal castle in England

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.



DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson



Bizarrotrip



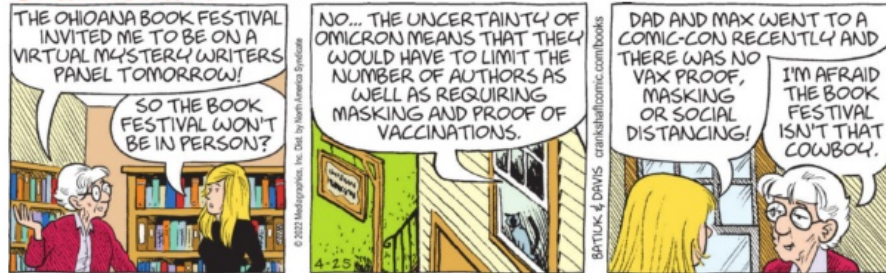
Diamond Lil



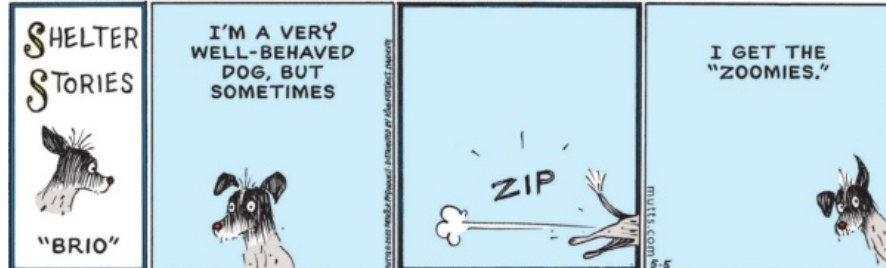
Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Your children's education may keep you busy today. It is a good time to plan for their higher studies as well. Couples may hear good news in terms of children. You may plan further studies to boost your career. You can attend a workshop that might help you get a promotion in your current job. Singles are likely to find their soulmate.



Leo Jul 24 - Aug 23

Your focus will come back today with the help of your elders and by keeping patience. It may help you to achieve your goals. You may perform well in terms of business and in your domestic life. There may be some balance between expenditure and savings. It should boost your finances.



Sagittarius Nov 23 - Dec 22

Today you may be happy, and things may somehow be better. You could plan to visit a spiritual place as it may give you inner strength. You may also donate some amount to charity. Expect overseas travel in terms of education or work. Couples may find their match suitable. Singles are likely to find their soulmate.



Taurus Apr 21 - May 20

The negative moon can make you upset. You may sense dissatisfaction. It could be hard for you to perform your responsibilities today. Your investments could bring you some losses. You are advised to read documents carefully before signing them. Elders' health issues could make you upset. If you are planning home renovation, you may want to postpone the same for a while.



Virgo Aug 24 - Sep 23

Dissatisfaction may creep into your mind and make you lazy and dull today. It could impact your current speed at a project or delay some tasks. Lovebirds are advised to avoid any important decision in terms of marriage. Jobseekers are advised to work hard for interviews.



Capricorn Dec 23 - Jan 20

Today you may feel alone and find yourself in self-analysis mode. You may expect some changes in your place or position. Your patience may be tested many times. You could be arrogant with the people around you. That can affect your personal life. You are advised to avoid adventure tours.



Gemini May 21 - Jun 21

With your vitals being good today, you can complete tough projects with ease. You could find your network expanding after a short work-related trip. You may find yourself helping the needy. Disputes with siblings should be settled down, and your equation will improve a lot.



Libra Sep 24 - Oct 22

Today your internal power can make you happy. Investments might bring some gains. Your equation with your boss is likely to improve. Promotions could come knocking. Your prestige in society could be increased. Expect some work-related trips soon.



Aquarius Jan 21 - Feb 19

Today you are blessed by the moon, which may create positive vibrations around you. You may be more creative and may bring some artefacts or household items to renovate your home. Disputes in partnerships are likely to be resolved. You may expect some long-distance work-related travel. Bonding with the spouse will be good, which will bring harmony to your domestic life.



Cancer Jun 22 - July 23

Today you may be busy at a family get-together. Being polite to the people around you will improve your image among relatives and friends. You may spend money in buying some artefacts or items which could improve your social status. A close relative could bring good news.



Scorpio Oct 23 - Nov 22

You may be blessed by the moon today. You may get a high position as reward for your hard work. Your performance at work will see improvement. You may also meet some influential person who will give you direction for your life. You could manage your domestic issues very easily, which may boost harmony in the family.

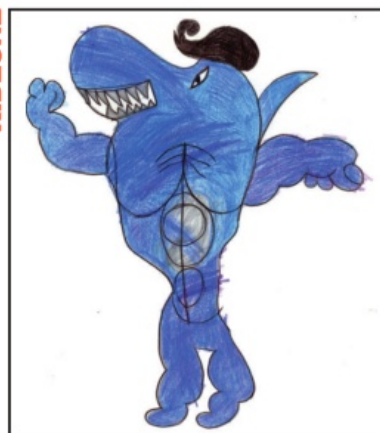


Pisces Feb 20 - Mar 20

Today you may perform your best in the office. You may have good bonding with your boss. New responsibilities in terms of promotions could be near. Old health issues should be cured now. Disputes with the siblings will be resolved. Money which was stuck is likely to be recovered. Jobseekers may find a new job.



KIDZONE



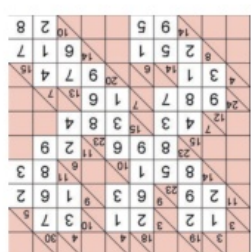
Sidvin Chandan,
6 Years,
Millennium
World
School



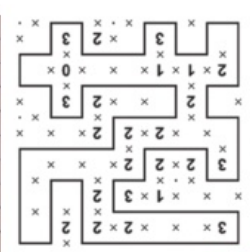
IVS Lasyasree,
9 Years,
Kendriya
Vidyalaya NAL

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

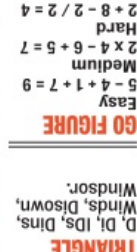
SOLUTIONS



KAKURO



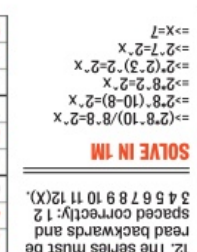
LOOP



ALPHA



SUDOKU



MENSA PUZZLE



QUICK



STRIKE OUT



QUOTE UNQUOTE

RIDDLE



Stunning cover girl

Zendaya's boyfriend, Tom Holland, recently made sure to show his support for the actor's stunning social media images from the latest cover of 'Vogue Italia' with several heart-eye emojis

Friday, July 1, 2022

mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

John-Disha to sizzle on screen



Disha Patani is all set essay a negative lead in 'Ek Villain Returns', wherein she shared the frame with John Abraham, Arjun Kapoor and Tara Sutaria. When asked about her experience preparing a negative character, the actress said, "I just followed my director's advice, I also remember watching a lot of these negative movies and there was a point I was like sir I can't watch it anymore because it's making me into a different human but I just followed what he told me, Mohit sir really knows what he wants and he just makes everybody's life easier."

With 'Ek Villain Returns', Disha has reunited with her 'Malang' director, Mohit Suri. "I got

really lucky to work with Mohit sir in 'Malang'. He inspired me to go all out. I love the genre and I would love to even more. This is my second film with him. I hope he is not bored of me because I would love to work with him again and again," said the actress.

Talking about his experience working with the actress, John had said, "I think with Disha, it was a fantastic experience to work with. It's only rare when you get onscreen, and you feel that the chemistry is working, we felt the same with Disha".

A part from 'Ek Villain Returns', Disha will also be seen in 'Yodha' co-starring Sidharth Malhotra.

—ETimes

ROLE PLAY

Aditya steps into Hiddleston's shoes

Spellbinding spy drama 'The Night Manager', an adaptation of John le Carré novel starring Tom Hiddleston and Hugh Laurie was widely loved. The English series is being adapted to Hindi by director Sandeep Modi, and will feature Aditya Roy Kapur, Sobhita Dhulipala and Anil Kapoor in lead roles. Aditya who's stepping into Hiddleston's shoes is aware of the expectations that come with remakes.

He told Bombay Times, "I love Tom Hiddleston and I love the series as well. It's a beautifully written show and the part is complex and exciting. It's a great opportunity for me to be able to sink my teeth into that role. Tom has played the part so well so it was important for me to find my own way into it. When you do something that's already been done the challenge is to give that part your own direction and identity. Hopefully we have managed to do that here."

While Kapur portrays the Indian version of Jonathan Pine, who was played by actor Tom Hiddleston in the original 2016 limited series, Anil Kapoor will reprise actor Hugh Laurie's role as a weapons dealer who disguises himself as a business tycoon.

The original six-part spy series was directed by filmmaker Susanne Bier. It featured actors Tom Hiddleston, Hugh Laurie, Olivia Colman, David Harewood, Tom Hollander, and Elizabeth Debicki.

—Renuka Vyavahare, ETimes



She walks in shimmer

Malavika Mohanan has become the embodiment of all things fashion. The 'Pattam Pole' actress always makes head-turning sartorial choices, and today was no different. As most of them are enjoying the monsoons, Malavika Mohanan just upped the hotness-quotient, by dropping some appealing photos from her latest photoshoot.

In the pictures, Malavika Mohanan is donning a seen donning a sequin embroidered cocktail dress. The plunging neckline, the cross

back, and thigh-high slit have made the outfit a statement piece to wear to your next big party and make a jaw-dropping appearance.

She has gone for stone-studded drop earrings, diamond rings for accessories, and illuminating makeup and soft wavy messy hair to complete the look. Malavika Mohanan has set the internet ablaze in the all-bling dress, and we don't want you to miss those pictures!

"A little bit of shine on a rainy day," Malavika Mohanan captioned, and we couldn't agree more.

'Happy with personal life'

Kiara Advani and Sidharth Malhotra have refused to speak about their romance but their couple spotting and secret holidays continue to keep them in the news. They had also briefly parted ways and ETimes had exclusively reported how Kiara and Sidharth couldn't stay without each other and had an emotional reunion.

Recently, when Kiara Advani was asked about her relationship and alleged breakup, the actress had told Navbharat Times, "I don't want to say anything about this. People are writing even when I am not saying anything, so when I say something, I do not know what people will write. Whenever I feel I will definitely speak on this issue. Right now I am very happy in my personal and professional life." A report also suggested that Sidharth and Kiara may reunite on the silver screen.

